

5TH Annual Dementia Friendly Tempe Summit



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**WELCOME TO
VIRTUAL DFT**



**ATTENDEES
STAY MUTED**



**PARTICIPATION
ENCOURAGED**



**SHOW
CONVERSATION**

5th Annual Dementia Friendly Tempe Summit

Living Well with Dementia During Uncertain Times

Welcome & Opening Remarks

Councilmember, Doreen Garlid



5th Annual Dementia Friendly Tempe Summit

Living Well with Dementia During Uncertain Times

Inspiration Awards



CONGRATULATIONS!
*DFT Memory Café
Support Group Leaders*

*Cindy O'Connell
&
Susie Peck*



Tempe

Making waves in the desert

5th Annual Dementia Friendly Tempe Summit

Living Well with Dementia During Uncertain Times

Panelists & Guests



Jan Dougherty, MS, RN
DFT Action Team
Summit Moderator



Ganesh Gopalakrishna, MD
Banner Alzheimer's Institute



Susy Favaro, LCSW
Banner Alzheimer's Institute



Carmen Ferguson
Caregiver



Carolyn Hutchens
Tempe Adult Day Care



Anastasia Johnstone
Person living with dementia



Elaine Poker Yount, CDP
Visiting Angels East Valley

Outline



- Risk factors
- Why important to diagnose
- Where to seek help
- Will use some important studies to illustrate



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Ganesh Gopalakrishna, MD



Myth or Fact

The incidence of dementia has increased in the last decade.

Myth



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Incidence Decline Due to



IMPROVEMENTS

- Education
- Nutrition
- Health care
- Lifestyle changes



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Fingers Study



- 1,260 participants aged 60-77 years
- After two years cognition improved by approximately 25% more in the multidomain intervention group
- Regardless of socioeconomic factors
- Individuals with genetic susceptibility to Alzheimer's disease (APOE4 carriers) had clear cognitive benefits from the intervention.
- Reduced the risk of developing new chronic diseases
- Reduced risk of functional decline
- Improved health-related quality of life



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Dementia prevention, intervention, and care: 2020 report of the *Lancet* Commission



Gill Livingston, Jonathan Huntley, Andrew Sommerlad, David Ames, Clive Ballard, Sube Banerjee, Carol Brayne, Alistair Burns, Jiska Cohen-Mansfield, Claudia Cooper, Sergi G Costafreda, Amit Dias, Nick Fox, Laura N Gitlin, Robert Howard, Helen C Kales, Mika Kivimäki, Eric B Larson, Adesola Ogunniyi, Vasiliki Orgeta, Karen Ritchie, Kenneth Rockwood, Elizabeth L Sampson, Quincy Samus, Lon S Schneider, Geir Selbæk, Linda Teri, Naaheed Mukadam



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7+3 Modifiable Risk Factors



- Less education
- Hypertension
- Hearing impairment
- Smoking
- Obesity
- Depression
- Physical inactivity
- Diabetes
- Low social contact
- Excessive alcohol consumption
- Traumatic brain injury (TBI)
- Air pollution



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Hearing Impairment



- Has the highest risk for dementia
- Cognitive decline for every 10dB loss of hearing
- People who wore aids did better compared to those not wearing aids



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Physical Exercise



- Has many health benefits
 - Reducing falls
 - Maintaining mobility and independence
 - Reducing the risk of chronic conditions
 - Depression
 - Diabetes
 - High blood pressure
- Plenty of evidence to benefit dementia
- HUNT study of aged 30–60 years showed at least weekly midlife moderate-to-vigorous physical activity (breaking into a sweat) was associated with reduced dementia risk over a 25-year period of follow-up



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Federal Guidelines



- 30 mins a day
- 150 mins a week of moderate-intensity
- Or 75 minutes a week of vigorous-intensity aerobic exercises
- Aerobic activity should be performed in episodes of at least 10 minutes
- It should be spread throughout the week
- Older adults should be as physically active as their abilities and conditions allow



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Cognitive Stimulation



- Cognitive training involves structured activities designed to enhance memory, reasoning, and speed of processing
- NIA-sponsored Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) trial
 - Healthy adults age 65 and older
 - Participated in 10 sessions of memory, reasoning, or speed-of-processing training
 - During 5 to 6 weeks
 - Sessions improved participants' mental skills in the area in which they were trained (but not in other areas)
 - Improvements persisted years after the training was completed
- Observational studies show informal cognitively stimulating activities, such as reading or playing games, may lower risk of Alzheimer's-related cognitive impairment and dementia



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Diet



- The Mediterranean diet, the related MIND diet and other healthy eating patterns have been associated with cognitive benefits in studies
- Evidence is not as strong as it is for other interventions like physical activity, blood pressure and cognitive training
- Possible Mechanisms
 - Oxidative stress and inflammation, that underlie Alzheimer's
 - indirectly by affecting risk factors, such as diabetes, obesity and heart disease



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TBI



- Mild TBI: concussion and severe TBI: skull fracture, edema, brain injury or bleed
- Single, severe TBI is associated with hyper p-tau
- TBI followed for a mean of 10 years, found an increased dementia
- Dementia risk was highest in the 6 months after TBI
- Swedish cohort risk attenuated over 30 years



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Hypertension



- Persistent midlife hypertension is associated with increased risk of a late life dementia
- People with AD related brain changes also have signs of vascular damage
- Framingham Offspring cohort elevated systolic blood pressure (≥ 140 mm Hg in midlife) was associated with an increased risk of developing dementia over an 18-year follow-up period
- The US and Puerto Rico Systolic Blood Pressure Intervention Trial (SPRINT) stopped early because of significantly fewer cardiovascular events and deaths
- Risk for dementia did not change significantly
- Mild cognitive impairment was reduced in the intervention group 2 years after intervention was stopped



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Why Diagnose?



- Medications to improve cognition
- Support for family
- Medicolegal implications
- Research



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Where to get help?



- Primary care
- Neurologists
- Banner Alzheimer's Institute



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Supporting Well = Self-Management of Chronic Conditions

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Alzheimer's Institute
Susy Favaro, LCSW



***Self-management of chronic conditions—
learning to cope with and manage the emotional and practical
issues that dementia presents***

1. Managing the condition
2. Carrying out normal roles & activities
3. Managing the emotional changes
4. Setting goals and working towards them



Carmen Ferguson
Caregiver

Action Plan

An Action Plan is something YOU want to do, it is realistic, and it is behavior specific. It answers the following questions:

- **WHAT** (are you going to do) Example: I am going to practice mindfulness to address my stress
- **HOW MUCH** Example: I'm going to do it for 10 minutes twice a day
- **WHEN** Example: First thing in the morning before my husband wakes up, and before I go to bed at night
- **HOW OFTEN** (how often you will do the activity) Example: Three days a week on Monday, Wednesday, and Friday
- **CONFIDENCE LEVEL** You rate your confidence level that you will accomplish the entire plan from zero to 10 during the next week. Zero means you are not confident you will accomplish it, 10 means you are very confident that you will accomplish it.

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Susy Favaro, LCSW



Carmen Ferguson
Caregiver

Living Well with Dementia During Uncertain Times



Engagement, Activities and
Resources to

LIVE WELL

during these times



Carolyn Hutchens
Tempe Adult Day Care



Anastasia Johnstone
Person living with dementia

Activities & Engagement

REIMAGINED



COVID HAS PEOPLE ISOLATED AT HOME -

The community needed to find a way to keep connected

- VIRTUAL PROGRAMS AND ACTIVITIES ON YOUTUBE HELPED CONNECT PEOPLE WITH PROGRAMS THEY WERE MISSING



Carolyn Hutchens
Tempe Adult Day Care

FAMILIES HAD TO FIND A WAY TO STAY CONNECTED - SAFELY

- FAMILY HANGOUTS ON THE INTERNET, CELL PHONES, ETC.



Anastasia Johnstone
Person living with dementia

GETTING ESSENTIAL ITEMS SAFELY FROM A STORE REQUIRED A BIT OF INGENUITY

- SHOPPING ONLINE, TELEHEALTH VISITS FROM DOCTORS, ETC.

Engagement



Carolyn Hutchens
Tempe Adult Day Care



Anastasia Johnstone
Person living with dementia

- *VIDEO ACTIVITIES TO KEEP THE BRAIN ACTIVE!
- *MUSIC AND ART ONLINE CLASSES
- *CAREGIVER TOOLKITS TO USE AT HOME WITH YOUR LOVED ONE

Activities



- * **MOVEMENT** CAN REDUCE FALLS!
- * **SOCIAL INTERACTION** - VIRTUALLY
- * **IMPROVE STRENGTH AND BALANCE**



Carolyn Hutchens
Tempe Adult Day Care



Anastasia Johnstone
Person living with dementia

Resources



- * **WE ARE STRONGER TOGETHER!**
- * **VIRTUAL PROGRAMS –**
YouTube videos; Televeda
- * **TELEHEALTH VISITS WITH RN'S**
- * **VIRTUAL SUPPORT GROUPS**



Carolyn Hutchens
Tempe Adult Day Care



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Person living with dementia

Understanding the Importance of a “PLAN B”

CHOICE = POWER



Elaine Poker-Yount, CDP,
PAC™ Certified Dementia Trainer
Visiting Angels East Valley

Are you sharing your reality with people?



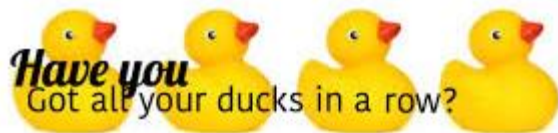
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PAC™ Certified Dementia Trainer
Visiting Angels East Valley



Time to GET YOUR DUCKS IN A ROW



1. Understanding Legal, Practical and Executional Options
2. Care Choices
3. Financial Options
4. Reality Check – coming to terms with practicality



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PAC™ Certified Dementia Trainer
Visiting Angels East Valley

✓ REALITY CHECK

- ✓ Is your current situation safe?
- ✓ Can you look at your situation objectively?
- ✓ **WHO is your back-up?**



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PAC™ Certified Dementia Trainer
Visiting Angels East Valley



Join us virtually for our next class:

“What’s YOUR PLAN B”

***Friday, November 20th
12:30 – 1:30 p.m.***



Elaine Poker-Yount, CDP,
PAC™ Certified Dementia Trainer
Visiting Angels East Valley

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Q & A with the Panel



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Thank you for joining us today!

*Find a video recording of the summit and presentation
materials will be available next week:*

www.tempe.gov/DFT



Virtual Dementia Friends Information Sessions & Champion Training

Join a growing movement of people like you who are helping fellow community members who are living with dementia. A little support can make a big difference!

Dementia Friends Information Sessions

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Attend a one-hour Information Session to learn what dementia is, what it's like to live with the disease, the most common types of dementia and tips for communicating with people who have dementia. Everyone who attends is asked to turn their understanding of dementia into action—either big or small—to help fellow community members living with dementia.

Date/Time – Information Sessions	Organization	Registration
Thursday, October 22, 9:30-10:30am	Sun Health - Virtual	Call 623-207-1703 or Click Here
Wednesday, November 11, 1:30-2:30pm	Banner Health - Virtual	Call 602-230-CARE or Click Here
Monday, November 30, 1:30-2:30pm	Sun Health - Virtual	Call 623-207-1703 or Click Here
Thursday, December 17, 9:30-11:00am	Sun Health - Virtual	Call 623-207-1703 or Click Here

Dementia Friends Champion Training

Do you want to help people understand dementia and the small things they can do to make a difference for people living with dementia? Would you enjoy facilitating sessions for friends, family, colleagues or the wider community? Join us for Dementia Friends Champion Training. Free training materials will be provided.

Date/Time – Champion Training	Organization	Registration
Wednesday, October 14, 2:00-3:30pm	Sun Health - Virtual	Call 623-207-1703 or Click Here
Monday, October 26, 1:00-2:30pm	Banner Health - Virtual	Call 602-230-CARE or Click Here
Wednesday, November 11, 1:30-3:00pm	Sun Health - Virtual	Call 623-207-1703 or Click Here



Dementia Friendly Tempe (DFT)



TEMPE MEMORY CAFÉ (Virtual)

- Support group for caregivers, 1st and 3rd Monday, *monthly*
- Email communication providing resources and useful information, *weekly*

DFT PRESENTS (Virtual)

- Free webinars on topics about dementia, presented by professionals & community members, *monthly*

Candice Hewitt
Sr. Social Services Coordinator



Allie Burke
Human Services Supervisor

FOR MORE INFORMATION - call 480 350-8534 or email www.tempe.gov/DFT.